WHAT IS CLAIMED IS:

1		1.	A method of tuning a voltage controlled oscillator comprising:		
2		measuring a frequency of oscillation of the voltage controlled oscillator;			
3	comparing the frequency of oscillation to a desired frequency;				
4		genera	iting a logic signal; and		
5.		applyi	ng the logic signal to a resistor,		
6		where	in the resistor is coupled to a first capacitor and a second capacitor, the first		
7	capacitor is co	oupled t	o an inductor, and the second capacitor is coupled to a first supply terminal.		
1		2.	The method of claim 2 wherein the second capacitor is a junction varactor.		
. 1		3.	The method of claim 2 wherein the second capacitor is a MOS varactor.		
1		4.	The method of claim 2 wherein the first supply terminal is ground.		
		5.	An integrated circuit having a voltage controlled oscillator comprising:		
2		a first	inductor;		
3		a first	capacitor coupled to the first inductor;		
4		a first	varactor diode coupled to the first capacitor; and		
5		a first	isolation resistor coupled to the first capacitor and the first varactor diode,		
6		where	in the first isolation resistor is configured to receive a control voltage.		
1		6.	The integrated circuit of claim 5 further comprising:		
2		a second inductor;			
3		a seco	nd capacitor coupled to the first inductor;		
4		a seco	nd varactor diode coupled to the first capacitor;		
5	,	a seco	nd isolation resistor coupled to the second capacitor and the second varactor		
6	diode, wherein the second isolation resistor is configured to receive the control voltage;				
7		a first	device having a drain coupled to the first inductor and a gate coupled to the		
8	second inductor; and				
9		a seco	nd device having a drain coupled to the second inductor and a gate coupled		
0	to the first ind	luctor.			

1		7. The integrated circuit of claim 6 further comprising:			
2		a current source coupled to a source of the first device and a source of the second			
3	device.				
1		8. The integrated circuit of claim 7 wherein the current source is a common			
2	source device	č			
1		9. The integrated circuit of claim 7 wherein the first device and the second			
2	device and n-channel CMOS devices.				
1	•	10. An integrated circuit having a voltage controlled oscillator comprising:			
2		a first inductor;			
<u></u> 물3	a second inductor;				
13455677	a first capacitor coupled to the first inductor;				
<u>.</u> 5		a second capacitor coupled to the first inductor;			
6		a third capacitor coupled to the first capacitor;			
2 7		a fourth capacitor coupled to the second capacitor;			
		a first isolation resistor coupled to the first capacitor and the third capacitor,			
₩ ₩9	wherein the fi	irst isolation resistor is configured to receive a control voltage;			
<u>1</u> 0		a second isolation resistor coupled to the second capacitor and the fourth			
8 9 0 1	capacitor, wherein the second isolation resistor is configured to receive the control voltage;				
12		a first device having a drain coupled to the first inductor and a gate coupled to the			
13	second inductor; and				
14		a second device having a drain coupled to the second inductor and a gate coupled			
15	to the first ind	the first inductor.			
1		11. The integrated circuit of claim 10 further comprising:			
2		a current source coupled to a source of the first device and a source of the second			
3	device.				
1		12. The integrated circuit of claim 11 wherein the current source is a common			
2	source device				

1		13.	The integrated circuit of claim 11 wherein the first device and the second		
2	device and n-channel CMOS devices.				
1 2	are junction v	14. varactor	The integrated circuit of claim 11 wherein the third and fourth capacitors s.		
1 2	are MOS vara	15.	The integrated circuit of claim 11 wherein the third and fourth capacitors		
1 2	signal.	16.	The integrated circuit of claim 11 wherein the control voltage is a logic		
드 1 5 5	signal.	17.	The integrated circuit of claim 11 wherein the control voltage is an analog		
	transceiver.	18.	The integrated circuit of claim 10 wherein the integrated circuit is an RF		
1 1 12 13 3		19.	A phase-locked loop comprising:		
는 [1] 2			se detector configured to receive a reference clock;		
= 3	a low-pass filter coupled to the phase detector;				
Ū4	a voltage-controlled oscillator coupled to the low-pass filter; and				
5	a divider coupled between the voltage-controlled oscillator and the low-pass filter,				
6	wherein the voltage-controlled oscillator comprises:				
. 7			a first inductor;		
8			a second inductor;		
9			a first capacitor coupled to the first inductor;		
10			a second capacitor coupled to the first inductor;		
11			a third capacitor coupled to the first capacitor;		
12			a fourth capacitor coupled to the second capacitor;		
13			a first isolation resistor coupled to the first capacitor and the third		

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15	a second isolation resistor coupled to the second capacitor and the fourth
16	capacitor, wherein the second isolation resistor is configured to receive the control voltage;
17	a first device having a drain coupled to the first inductor and a gate
18	coupled to the second inductor; and
19	a second device having a drain coupled to the second inductor and a gate
20	coupled to the first inductor.

- 1 20. The integrated circuit of claim 19 wherein the first device and the second device and n-channel CMOS devices.
 - 21. The integrated circuit of claim 19 wherein the third and fourth capacitors are junction varactors.
 - 22. The integrated circuit of claim 19 wherein the third and fourth capacitors are MOS varactors.
 - 23. An electronic system comprising the phase-locked loop of claim 19.